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NOV 1

ROLLED WHEAT RECIPES FOR INSTITUTIONS

CURRENT SERIAL RECORDS

Rolled wheat, a whole-grain cereal that is rich in natural B vitamins, is also a good source of iron and other minerals, as well as food energy. The rolled wheat may be served as a hot cereal; as a substitute for rolled oats in baked products such as cookies, bread, rolls, pancakes, muffins, or as an extender in meat loaves and meat patties. The nutty taste of the wheat provides a new and interesting flavor. Store in a cool, dry place. The following recipes were developed by the Human Nutrition Research Division, Agricultural Research Service, U. S. Department of Agriculture.

ROLLED WHEAT CEREAL

BREADS AND CEREAL PRODUCTS

100 Portions			For	
Weights	Measures	Ingredients	Portions	Directions
7 lb. 8 oz.	2-1/2 gal.	Rolled wheat, quick-cooking		1. Add wheat and salt to the boiling water.
2 oz.	1/4 cup	Salt		
	3-3/4 gal.	Boiling water		2. Boil for 20 minutes, stirring occasionally.
PORTION: 1/2 cup				

PANCAKE MIX (using rolled wheat)

BREADS AND CEREAL PRODUCTS

200 Portions			For	
Weights	Measures	Ingredients	Portions	Directions
10 lb.	3-1/4 gal.	Rolled wheat, quick-cooking		1. Combine dry ingredients and blend 5 minutes in mixer on low speed. Cut or rub in shortening.
3 lb. 4 oz.	3-1/4 qt.	Nonfat dry milk		
2 lb. 8 oz.	2-1/2 qt.	sifted All-purpose flour		2. Store in a tightly covered container in a cool place until needed.
9 oz.	1-1/2 cups	Baking powder		
5 oz.	2/3 cup	Salt		
4 lb. 8 oz.	2-1/4 qt.	Shortening		
				:YIELD: 20 pounds 12 ounces (about 5 gal.)

ROLLED WHEAT PANCAKES (using pancake mix)

10 lb. 6 oz.	2-1/2 gal.	Pancake mix		1. Combine all ingredients; beat to blend.
2 lb. 3 oz.	1 qt. (20)	Eggs		2. Portion with a No. 2 scoop (3-1/5 tbsp.) on a hot greased griddle. When the surface is covered with bubbles, turn and brown on the other side.
	1-1/4 gal.	Water		

PORTION: Two 4-inch pancakes.

ROLLED WHEAT BREAD

BREADS AND CEREAL PRODUCTS

100 Portions :		:For-----:	
Weights :	Measures :	Ingredients :	Portions:
.....:1 qt.		:Boiling water....	:.....:1.
	:1-1/3 cups:	:	: Let stand 1 hour.
10 oz....:1 qt.....		:Rolled wheat,	:
	:	: quick-cooking..	:
1 oz.....:3-1/3 tbsp:		:Active dry yeast..	:.....:2.
or :	or :	or :	: Let stand 10 min., then stir.
2 oz.....:1/4 cup....		:Compressed yeast..	:.....:
.....:1-1/2 cups:		:Lukewarm water....	:.....:
10 oz....:1-1/4 cups:		:Eggs.....	:.....:3.
	: (6) :	:	: with the wheat mixture.
8 oz.....:1 cup.....		:Shortening.....	:.....:4.
1 lb.....:1-1/2 cups:		:Molasses.....	: salt, and yeast.
1-1/2 oz:3 tbsp....		:Salt.....	:.....:
6 lb.....:1-1/2 gal.,		:All-purpose flour:	:.....:5.
	: sifted..	:	: of flour to the wheat mixture.
	:	:	: Mix at low speed in mixer, us-
	:	:	: ing dough hook, until dough is
	:	:	: smooth and elastic and leaves
	:	:	: sides of bowl (6 to 10 min.)
	:	:	: If after 2 min. the dough is
	:	:	: very soft and sticky, add
	:	:	: enough of the saved-out flour
	:	:	: to form a soft dough.
	:	:	:6.
	:	:	: Form dough into a smooth ball.
	:	:	: Place in a greased bowl and
	:	:	: turn to grease top. Cover and
	:	:	: let rise in a warm place
	:	:	: (about 85°F.) until double in
	:	:	: volume (about 1 hour).
	:	:	:7.
	:	:	: Punch down. Cut into 12 equal
	:	:	: portions. Form each portion
	:	:	: into a ball, cover, and let
	:	:	: rest on table top for about
	:	:	: 15 minutes.
	:	:	:8.
	:	:	: Shape into loaves and place
	:	:	: in lightly greased pans
	:	:	: (about 3 by 9 by 2 in. or 4
	:	:	: by 8 by 2 in.)
	:	:	:9.
	:	:	: Let rise in a warm place
	:	:	: (about 85°F.) until increased
	:	:	: 2 to 2-1/2 times in volume
	:	:	: (about 1 hour).
	:	:	:10.
	:	:	: Bake at 400°F. (hot) 25 to 30
	:	:	: minutes.

YIELD: 12 loaves, 1 pound each.

PORTION: 2 slices.

(over)

ROLLS (using rolled wheat)

BREADS AND CEREAL PRODUCTS

100 Portions :		:For-----:	
Weights :	Measures :	Ingredients :	Portions:
.....:12 loaf	:Rolled wheat bread :	:1. Follow directions given in	
: batch..:	: recipe.....:	: the bread recipe through	
:	:	: step 6.	
:	:	:2. Punch dough down. Cut or	
:	:	: "pinch off" 200 small rolls	
:	:	: (about 1 ounce or 1-1/4	
:	:	: inches in diameter). Shape	
:	:	: and place on lightly	
:	:	: greased sheet pans. Grease	
:	:	: tops of rolls lightly, if	
:	:	: desired.	
:	:	:3. Let rise in a warm place	
:	:	: (about 85°F.) until in-	
:	:	: creased 2 to 2-1/2 times	
:	:	: in volume (about 1 hour).	
:	:	:4. Bake at 400°F. (hot) 12 to	
:	:	: 15 minutes.	

PORTION: 2 rolls, 1 ounce each.

ROLLED WHEAT MIX

BREADS AND CEREAL PRODUCTS

100 Portions		:	:	For-----:	
Weights	Measures	:	Ingredients	Portions:	Directions
2 lb.....	2 qt., sifted	:	All-purpose flour	1. Mix dry ingredients
1 lb. 4 oz...	2 qt.....	:	Rolled wheat,	:	together or blend 5
		:	quick-cooking.....	:	min. in mixer on low
12 oz.....	3 cups.....	:	Nonfat dry milk.....	:	speed, using the
3 oz.....	1/2 cup.....	:	Baking powder.....	:	whip. Cut in shorten-
1 oz.....	2 tbsp.....	:	Salt.....	:	ing.
1 lb. 8 oz...	3 cups.....	:	Shortening.....	2.	Store in a tightly
		:		:	covered container in
		:		:	a cool place until
		:		:	needed.
		:		:	YIELD: 5 pounds 8 oz.
		:		:	(1 gallon 1-1/2 qts.)

BANANA BREAD (using rolled wheat mix)

BREADS AND CEREAL PRODUCTS

100 Portions		:	:	For-----:	
Weights	Measures	:	Ingredients	Portions:	Directions
4 lb. 8 oz...	1 gal. 2 cups	:	Rolled wheat mix..	1. Combine all ingre-
10 oz.....	1-1/4 cups (6)	:	Eggs, beaten.....	:	dients. Stir just to
2 lb.....	1 qt.....	:	Sugar.....	:	moisten the dry in-
3 lb. 10 oz...	1-1/2 qt. (12)	:	Mashed bananas....	redients.
		:		:	2. Place mixture into 6
		:		:	greased loaf pans
		:		:	(about 4 by 10 by 4
		:		:	in.), about 1 qt. or
		:		:	2 lb. 8 oz. per pan.
		:		:	3. Bake at 350°F.
		:		:	(moderate) for 1 hr.

YIELD: 6 loaves, 2 pounds 7 ounces each.

PORTION: 2 slices.

PEANUT BUTTER COOKIES (using rolled wheat mix)

FRUITS AND OTHER DESSERTS

100 Portions		:	:	For-----:	
Weights	Measures	:	Ingredients	Portions:	Directions
3 lb.....	3 qt.....	:	Rolled wheat mix..	1. Combine all ingre-
2 lb.....	1 qt.....	:	Sugar.....	:	dients and mix well.
	1-2/3 tbsp....	:	Cinnamon.....	2.	Using a No. 40 scoop
10 oz.....	1-1/4 cups (6)	:	Eggs, beaten.....	:	(1-3/5 tbsp.), place
	1-1/3 cups....	:	Water.....	:	on ungreased baking
1 lb. 2 oz...	2 cups.....	:	Peanut butter.....	:	sheets. Press each
	2 tbsp.....	:	Vanilla.....	:	cookie flat with a
		:		:	fork.
		:		:	3. Bake at 375°F.
		:		:	(moderate) about 12
		:		:	min. or until
		:		:	cookies are light
		:		:	brown.

PORTION: 2 cookies.

PASTRY FOR PIE (using rolled wheat)

FRUITS AND OTHER DESSERTS

100 Portions			:	For-----:
Weights	Measures	Ingredients	:	Portions:
Directions				
15 single crusts				
2 lb.....	2 qt., sifted..	All-purpose flour..	1. Stir to mix or blend
12 oz.....	1 qt.....	Rolled wheat,	:	in mixer.
:	:	quick-cooking..	:
3/4 oz.....	1-1/2 tbsp....	Salt.....	:
1 lb. 12 oz.:	3-1/2 cups....	Shortening.....	2. Cut or rub in short-
:	:	:	:	ening until mixture
:	:	:	:	is granular.
.....	2 cups.....	Cold water.....	3. Add water and mix.
:	:	:	:	4. Roll out on a lightly
:	:	:	:	floured board, using
:	:	:	:	about 5-1/2 ounces of
:	:	:	:	dough for shell.
:	:	:	:	5. Line 9-inch pie pans
:	:	:	:	with pastry.
:	:	:	:	6. Bake pastry shells at
:	:	:	:	400°F. (hot) 12 min.
:	:	:	:	or until lightly
:	:	:	:	browned.

CHOCOLATE CHIP MERINGUES (using rolled wheat)

FRUITS AND OTHER DESSERTS

100 Portions			:	For-----:
Weights	Measures	Ingredients	:	Portions:
Directions				
8 oz.....	1 cup (7-8)...	Egg whites.....	1. Combine egg whites
.....	1-3/4 tsp.....	Salt.....	and salt. Beat until
:	:	:	:	stiff but not dry.
1 lb. 10 oz.:	3-1/4 cups....	Sugar.....	2. Add sugar slowly to
10 oz.....	3-1/3 cups....	Rolled wheat,	:	the egg whites. Con-
:	:	quick-cooking..	tinue beating until
10 oz.....	1-1/3 cups....	Chocolate chips...	the mixture is shiny
3 oz.....	1 cup.....	Coconut.....	and stands in peaks.
.....	2 tsp.....	Vanilla.....	3. Fold in the remain-
:	:	:	:	ing ingredients.
:	:	:	:	4. Portion meringues
:	:	:	:	with a No. 40 scoop
:	:	:	:	(1-3/5 tbsp.) on a
:	:	:	:	baking sheet lined
:	:	:	:	with wax paper.
:	:	:	:	5. Bake at 300°F. (slow)
:	:	:	:	20 minutes.

PORTION: 1 cookie, 2 inches in diameter.

APPLE CRISP (using rolled wheat)

FRUITS AND OTHER DESSERTS

100 Portions :			For-----:		
Weights :	Measures :	Ingredients :	Portions:		Directions
16 lb.....	3 gal., 2-1/2 qt.....	Sliced pared apples.....	1.....	1.	Arrange apples in 4 greased pans (about 12 by 20 by 2 in.)
.....	1/3 cup.....	Lemon juice.....	2.	Blend lemon juice and water; pour over apples.
.....	2 cups.....	Water.....	3.	For the topping, combine sugar, dry milk, flour, wheat, cinnamon, and salt. Work in the fat to form a crumbly mixture.
6 lb.....	3 qt. 1-3/4 cups, packed..	Brown sugar.....	4.	Cover apples with topping and pat down firmly.
1 lb.....	1 qt.....	Nonfat dry milk.....	5.	Bake at 350°F. (moderate) 30 to 40 min. or until apples are tender.
1 lb. 8 oz:	1-1/2 qt., sifted....	All-purpose flour.....		
9 oz.....	3 cups.....	Rolled wheat, quick-cooking....		
.....	2-2/3 tbsp..	Cinnamon.....		
.....	2 tsp.....	Salt.....		
2 lb. 8 oz:	1-1/4 qt....	Butter or margarine.....		

PORTION: About 1/3 cup--provides 1/4 cup fruit.

CRANBERRY CRUNCH (using rolled wheat)

FRUITS AND OTHER DESSERTS

100 Portions :			For-----:		
Weights :	Measures :	Ingredients :	Portions:		Directions
4 lb.....	2 qt.....	Sugar.....	1.	Boil sugar and water for 5 minutes.
.....	2 qt.....	Water.....	2.	Add cranberries and boil 5 min. longer. Remove from heat. Cool.
4 lb.....	1 gal.....	Whole cranberries.....	3.	Stir apples into cranberry sauce. Pour mixture into 2 pans (about 12 by 20 by 2 in.), 3 quarts or 6 pounds 14 ounces per pan.
7 lb.....	1 gal. 1/2 qt.....	Chopped unpeeled apples.....	4.	Combine wheat, flour, sugar, and fat and mix until crumbly.
1 lb. 5 oz:	7 cups.....	Rolled wheat, quick-cooking....	5.	Sprinkle one half of the mixture (about 2 quarts or 3 pounds) over each pan of apple-cranberry mixture.
12 oz.....	3 cups, sifted..	All-purpose flour.....	6.	Bake at 350°F. (moderate) 1 hour.
2 lb. 4 oz:	1-1/4 qt., packed....	Brown sugar.....		
1 lb. 8 oz:	3 cups.....	Melted butter or margarine.....		

PORTION: 1 piece, 1-3/4 by 2 inches--provides 1/4 cup fruit.

CINNAMON CRISPIES (using rolled wheat)

FRUITS AND OTHER DESSERTS

100 Portions			:For-----:	
Weights	Measures	Ingredients	Portions	Directions
2 lb.....	1 qt.....	Sugar.....	1.....	1. Cream shortening and
1 lb.....	2 cups.....	Shortening.....	1.....	sugar.
3 oz.....	1/4 cup.....	Molasses.....	2.....	2. Add molasses, salt,
.....	1-1/3 tbsp.....	Salt.....	cinnamon, vanilla,
.....	1-1/3 tbsp.....	Cinnamon.....	and eggs to creamed
.....	1 tbsp.....	Vanilla.....	mixture. Beat to
6 oz.....	3/4 cup (4).....	Eggs.....	blend.
1 lb.....	1 qt., sifted.....	All-purpose flour.....	3.....	3. Add remaining ingre-
.....	1 tsp.....	Soda.....	dients, mix.
.....	1-1/3 tbsp.....	Baking powder.....	4.....	4. Portion dough with a
12 oz.....	1 qt.....	Rolled wheat,	:	No. 40 scoop (1-3/5
:	:	quick-cooking....	:	tbsp.) on greased
8 oz.....	2 cups.....	Chopped nuts.....	:	baking sheets. Press
:	:	:	:	each cookie flat with
:	:	:	:	a fork.
:	:	:	:	5. Bake at 350°F.
:	:	:	:	(moderate) 15 min.

PORTION: 1 cookie, 3 inches in diameter.

TURKEY LOAF (using rolled wheat)

MAIN DISHES (protein-rich)

100 Portions			:For-----:	
Weights	Measures	Ingredients	Portions	Directions
1 lb. 1 oz...	2 cups (24)...	Egg yolks.....	1.....	1. Blend egg yolks and
.....	1 gal. 1-1/4	Milk.....	milk. Mix in salt,
:	qt.....	:	:	onion, rice, wheat,
2 oz.....	1/4 cup.....	Salt.....	and turkey.
6 oz.....	1 cup.....	Chopped onion.....	:
3 lb.....	2 qt.....	Cooked rice.....	:
1 lb. 14 oz...	2-1/2 qt.....	Rolled wheat,	:	:
:	:	quick-cooking....	:	:
9 lb. 8 oz...	1 gal. 3-1/2	Diced cooked turkey.....	:
:	qt.....	:	:	:
1 lb. 10 oz...	3 cups (24)...	Egg whites.....	2.....	2. Beat egg whites until
:	:	:	:	stiff and fold into
:	:	:	:	turkey mixture.
:	:	:	:	3. Place in 4 greased
:	:	:	:	baking pans (about 12
:	:	:	:	by 20 by 2 in.), 2
:	:	:	:	quarts 2-1/2 cups or
:	:	:	:	about 6 pounds per
:	:	:	:	pan.
:	:	:	:	4. Bake at 375°F.
:	:	:	:	(moderate) about 40
:	:	:	:	min.
:	:	:	:	5. Serve with turkey
:	:	:	:	gravy, if desired.

PORTION: 1 piece, 2-3/4 by 2-3/4 inches--provides the equivalent of 2 ounces protein-rich food.

TURKEY CROQUETTES (using rolled wheat) MAIN DISHES (protein-rich)

100 Portions			For-----:
Weights	Measures	Ingredients	Portions: Directions
10 lb. 8 oz.:	2 gal. 2 cups:	Coarsely chopped turkey.....	1. Combine all ingredients. Stir to mix.
1 lb. 9 oz.:	3 cups (16):	Eggs, beaten.....	2. Portion with a No. 8
1 lb. 1 oz.:	1 gal. 1 cup:	Soft bread crumbs.....	scoop (1/2 cup).
1 lb. 8 oz.:	2 qt.:	Rolled wheat, quick-cooking.....	
4 lb.:	2 qt.:	Mayonnaise.....	
8 oz.:	1 cup:	Chopped pimiento.....	
4 oz.:	1 qt.:	Chopped parsley.....	
.....:	1-1/3 tbsp.:	Salt.....	
.....:	2 qt.:	Milk.....	
1 lb. 1 oz.:	1 gal. 1 cup:	Soft bread crumbs.....	3. Mix the fat with
1 lb.:	2 cups:	Melted butter or margarine.....	crumbs. Roll cro-
			quettes in crumbs.
			4. Place on greased
			sheet pans.
			5. Bake at 400° F. (hot)
			15 min. or until
			crumbs are brown.
			6. Serve with gravy.

PORTION: 1 croquette--provides the equivalent of 2 ounces protein-rich food.

MEAT LOAF (using rolled wheat) MAIN DISHES (protein-rich)

100 Portions			For-----:
Weights	Measures	Ingredients	Portions: Directions
12 oz.:	2 cups:	Chopped onion.....	1. Lightly brown vege-
12 oz.:	3 cups:	Chopped celery.....	tables in the fat.
4 oz.:	1/2 cup:	Fat or oil.....	
13 lb.::	Ground beef.....	2. Combine vegetables
2-1/2 oz.:	1/3 cup:	Salt.....	with the rest of the
.....:	1/4 cup:	Worcestershire sauce.....	ingredients. Mix well
.....:	1/3 cup:	Parsley flakes.....	(in mixer, 3 min. on
2 lb. 7 oz.:	3-1/4 qt.:	Rolled wheat, quick-cooking.....	low speed).
.....:	2-1/2 qt.:	Tomato sauce.....	3. Pack in greased loaf
2 lb. 10 oz.:	1-1/4 qt. (25):	Eggs, slightly beaten.....	pans (about 4 by 10
			by 4 in.), 1 quart
			3/4 cups or 2 pounds
			10 ounces per pan.
			4. Bake at 375° F.
			(moderate) about 1
			hr.

PORTION: 1 slice, 3/4 inch thick (about 2-1/2 ounces)--provides the equivalent of 2 ounces protein-rich food.

